

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>May Breakfast</u> 3 OJ Omelet Home Fries w/Ketchup Baked Ham Muffin Fruited Yogurt		Vegetable Barley Soup 4 Chicken Parmesan w/Sauce Ziti w/Sauce Italian Vegetables Sliced Pears Italian Bread (Eggplant on Grinder Roll)		<u>Cinco De Mayo</u> 5 Black Bean Soup Spanish Style Pork Mexican Rice Chuck Wagon Corn Tapioca Pudding Multi-Grain Bread (Egg Salad on Multi-Grain)		Chicken Soup w/Anci dePepe 6 French Meat Pie w/Ketchup Oven Roasted Potatoes Sliced Carrots Mandarin Oranges White Bread (Chicken Loaf & Cheese w/Mayo on White Bread)		<u>Mother's Day Luncheon</u> 7 Red Chowder w/Crackers Stuffed Chicken w/Gravy Mashed Potatoes Peas & Mushrooms Ice Cream Sandwich Wheat Bread (Seafood Salad on Wheat)	
Chicken Rice Soup 10 Sloppy Joe on Whole Wheat Hamburger Roll Tater Tots Seasoned Baby Whole Carrots Mixed Fruit (Chicken Salad on a Roll)		Minestrone Soup 11 Chicken Marsala Seasoned Shells Green Beans Dinner Roll Sliced Peaches (Italian tuna on a Roll)		Italian Wedding Soup 12 Italian Sausage Peppers & Onions Scalloped Potatoes Hoodsie Cup Grinder Roll (Turkey & Cheese on a Roll)		Chili Soup 13 Low Sodium Hot Dog Baked Beans Cole Slaw Brown Bread Fresh Apple (Roast Beef w/Mayo on Bulky)		Vegetable Chowder 14 Baked Fish Red Bliss Mashed Potatoes Buttered Corn Coffee Cake Wheat Bread (Pastrami & Mustard on Wheat)	
Venus De Milo Soup 17 Stuffed pepper w/Sauce Seasoned Boiled Potatoes California Blend Vegetables Chef's Choice Fruit Oatmeal Bread (Turkey Salad on Oatmeal)		Juice 18 Tuna Salad Pasta Salad Chick Pea Salad Roll Fresh Fruit (Ham & Cheese on Wheat)		Lentil Soup 19 Turkey w/Gravy Buttered Peas Stuffing Sherbet White Bread (Italian Grinder)		Beef Barley Soup 20 Marinated Grilled Chicken Rice Pilaf Broccoli Frosted Cup Cake Rye Bread (Bologna/Cheese/Rye w/Must.)		Clear Chowder w/Crackers 21 Country Crisp Fish w/Tartar Sauce Carrot Raisin Slaw Potato Log Pudding Pumpernickel Bread (Chicken Salad / Pumpernickel)	
French Onions Soup 24 Meatloaf w/Gravy Mashed Potatoes Green Beans Multi-Grain Bread Apricot Half (Egg Salad on Multi-Grain)		Beef & Rice Soup 25 Chicken Cordon Blue w/Gravy Oven Roasted Potatoes Mixed Vegetables Fig Square White Bread (Corned Beef w/Must./White)		Tomato Juice 26 Egg Salad Tossed Salad w/Tom. Cuke 3-Bean Salad Fresh Fruit Dinner Roll (Italian Chicken Salad on Roll)		Escarole & Bean Soup 27 BBQ Chicken Leg Quarter Au Gratin Potatoes Capri Blend Vegetables Spumoni Ice Cream Wheat Bread (Seafood Salad on Wheat)		<u>Memorial Day Celebration</u> 28 Chicken Noodle Soup Pub Burger on a Roll w/Must. & Ketchup Baked Beans Cole Slaw Frosted Brownie (Tuna on a Roll)	
CLOSED Memorial Day 31		Thank you all for your donations. Your generosity continues keeping this program running. Please call at least 24 hours in advance for a reservation or cancellation. \$3.00 suggested donation.		 May 2010 					

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
9:30am 10:00am 10:30am 12:30pm 6:45pm	Chair Yoga Computer Class Walk w/Ease Mah Jong Dupl. Bridge	3	9:30am 9:30am 10:00am 12:30pm 2:00pm	Senior Strength Painting Hearing Testing Painting Chorus @ Clifton	4	9:30am 10:00am 10:30am 12:30pm 1:00pm	Chair Yoga Knitting Correct Breathing Men's Bridge Dance Music	5	9:30am 10:00am 10:30am 1:00pm 1:00pm	Senior Strength Ask-A-Lawyer Blood Pressure Bingo Wood Carving	6	8:30am 9:30am 10:30am 10:00am 12:00pm 1:00pm	Shopping Low Impact Aerobics Walk w/ Ease Scrabble Club Chair Massage Yoga	7
9:30am 10:00am 10:30am 12:30pm 6:45pm	Chair Yoga Computer Class Walk w/Ease Mah Jong Dupl. Bridge	10	9:30am 9:30am 10:00am 12:30pm 2:00pm	Senior Strength Painting Current Events Painting Chorus @ East Bay Manor	11	9:00am 9:30am 10:00am 10:30am 12:30pm 1:00pm	Manicures Chair Yoga Knitting Correct Breathing Men's Bridge Dance Music	12	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	13	8:30am 9:30am 10:30am 10:00am 12:00pm 1:00pm	Shopping Low Impact Aerobics Walk w/ Ease Scrabble Club Chair Massage Yoga	14
9:30am 10:00am 10:30am 12:30pm 6:45pm	Chair Yoga Computer Class Walk w/Ease Mah Jong Dupl. Bridge	17		18	9:30am 10:00am 10:30am 12:30pm 1:00pm	Chair Yoga Knitting Correct Breathing Men's Bridge Dance Music	19	9:30am 10:30am 1:00pm 1:00pm 7:00pm	Senior Strength Blood Pressure Bingo Wood Carving SSAB Mtg	20	8:30am 10:30am 10:00am 12:00pm 1:00pm	Shopping Walk w/ Ease Scrabble Club Chair Massage Yoga	21	
9:30am 10:00am 10:30am 12:30pm 6:45pm	Chair Yoga Computer Class Walk w/Ease Mah Jong Dupl. Bridge	24	9:30am 9:30am 10:00am 12:30pm	Senior Strength Painting Current Events Painting	25	9:00am 9:30am 10:00am 10:30am 12:30pm 1:00pm	Manicures Chair Yoga Knitting Correct Breathing Men's Bridge Dance Music	26	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	27	8:30am 9:30am 10:00am 10:00am 12:00pm 1:00pm	Shopping Walk w/ Ease Scrabble Club Flowers / Everyone Chair Massage Yoga	28
31														
CENTER CLOSED (Memorial Day)		May 2010												

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